



# Pleasanttries

## Reading Senior Newsletter

Website — [www.readingma.gov](http://www.readingma.gov)

Email — [pleasantstreetcenter@ci.reading.ma.us](mailto:pleasantstreetcenter@ci.reading.ma.us)

September 2015

### Pleasant Street Center

49 Pleasant St.

781-942-6794

Mon. - Fri. 8:30 - 4:00 p.m.

**Coordinator**/Sharon Thomas

781-942-6796

### Outreach, Kerry Valle

781-942-6659

### Elder / Human Services

16 Lowell St.

781-942-6608

M, W, & Th. 7:30 - 5:30 p.m.

Tuesday 7:30 - 7:00 p.m.

**Elder/Human Administrator**

Jane Burns - 781-942-6658

**Clerk**, Ann Gentile -

781-942-6608

### Mystic Valley Elder Services Fall Special Lunches

Thursday, Sept. 3, 12:00

Entertainer Derf McKeeton - singer/guitarist

**Oven Fried Chicken w/Mac & Cheese**

Reservations 24 hrs in advance by calling (781) 942-6794

### The Traveling Chef "Pasta Day"

Thursday, Sept 10 12:00

Reserve by Sept. 8 noon 781-942-6794

\$2.00 suggested donation for MVES lunches.



### Hallmark Health Annual Health Fair

Thursday, Sept. 24 - 10:00 - 12:30

Sponsored by Reading Elder Services and Hallmark Health VNA and Hospice.

Screenings include Blood Pressure, Bone Density,

Vision tests by the Reading Lion's Club, and Free Hearing Tests.

Flu Clinic and pneumonia shots sponsored by Rite-Aid.

Free drawing w/prizes and continental breakfast. Drawings at 12:15.



### A MATTER OF BALANCE



#### A Matter of Balance Workshop:

Tues., Sept. 15 - Nov 3, 10:00 - 12:00 Eight week session meets weekly. This workshop is designed to reduce the fear of falling and view falls as controllable. It helps increase activity levels. Each session includes discussion and exercises to improve your balance, flexibility and overall strength. **A minimum of 6 people is required to hold the class. FREE**

### IMPORTANT SYMBOLS

Registration Required

Free Transportation

781-942-6794



**Reservations start August 25. Please call by noon at least two days before the event.**

### SCUTTLEBUTT IS BACK



#### Veterans - come join the Scuttlebutt!

Enjoy the comradery of your fellow soldiers. Share sea stories and personal experiences. Learn and discuss the Military history of the month.

Enjoy guest speakers and historical movies.

Pleasant St. Senior Center

Thurs., September 3 (1<sup>st</sup> Thursday of month)

10:00 followed by lunch at noon.

Kevin Bohmiller, Veterans' Services Officer 781-942-6652 or [kbohmiller@ci.reading.ma.us](mailto:kbohmiller@ci.reading.ma.us)

for more information or to reserve a spot.





## FUN FOR ALL

**Movie Day**, Thurs., Sept. 10, 1:15, *The Greatest Game Ever Played* Based on true story, about Francis Ouimet, the first amateur to win a U.S. Open. He begins as a caddy at The Country Club, across the street from his home in Brookline, Massachusetts. With a pint-sized caddie at his side, Ouimet shocked the world at the 1913 U.S. Open when he outplayed defending British champ.



**Movie Day**, Thurs., Sept 24 @ 1:15 *Parenthood* – first 3 episodes - Four grown siblings juggle parenthood, relationships, careers and more as they cope with life's ups and downs in this drama set in Berkeley, Calif.



**Birthday Lunch:** Mon., Sept. 14 - 12:00, Come celebrate your birthday – if it is the month of your birthday, Reading residents will receive a free gift and lunch is free. Complimentary cake & ice cream for all! Bring your friends to celebrate with you – suggested donation for lunch if not your birthday month is \$2.00

**Lunch is Served:** Noon. Sponsored by Mystic Valley Elder Services. Suggested donation of \$2.00 (under age 60, \$3.50). Reservations required - **RESERVE THE DAY BEFORE BY NOON**

## PLEASANT STREET SPA

**Roberta Our Hairdresser**—Monday, Sept.14 - 9:30 - 1:00 by appointment call (781) 245-6605

**Reiki Treatments:** Thursday, Sept. 17 (3<sup>rd</sup> Thursday of month) - 9:30-11:45. Please call 781-942-6794 for an appointment. The fee for ½ hour treatment is \$15. Reiki facilitates healing, promotes mindfulness, supports personal growth and complements any form of medical treatment.

**For manicures & chair massage please call the Pleasant Street Center (No Van Service)**

**Chair Massage** - Thursdays, Sept. 3 & 17 - 9:00 - 11:45, Receive a 15 minute chair massage for only \$8.

**Manicures** - Thurs. Sept. 10  
9:30 - 1:00, \$6.00 or \$7.00 for French



## GET YOUR GAME ON!



**Games on the Big Screen**, Thurs., Sept 3 @ 1:30 Wii Games – “Deal or No Deal”, “Who wants to be a Millionaire”, group picks!

**Cribbage:** Mondays, 1:00 - 3:00

**Bingo:** Tuesdays 1:00—2:30

**Billiards:** (No van) Wednesdays, 10:00 - 11:15

*Pool table is available Monday - Friday*

**Mah Jongg:** Thursdays, 12:30 - 3:30

**Chess:** Fridays, 1:00 - 3:00 (No van).

**Party Bridge:** Fridays, 12:45 - 3:15 \$1.00 to play, Maximum 32, (No Van ).

## LUNCH n' LEARNS



**Lunch n' Learn** - Mon., Sept. 21, lunch 12:00 and learn 12:30, Victor Santaniello, Assessor, will discuss Property Tax Exemptions.

**Lunch n' Learn** - Mon., Sept. 28, lunch 12:00 and learn 12:30, Top vaccines all seniors should receive by Donna Pierce, Reading's Public Health Nurse

## LET'S TALK, PART 2



**Let's Talk about Reading, Part 2.** Weds., Sept 23 in the Cafeteria at RMLD, 230 Ash Street. Refreshments at 6:00, Presentation at 7:00 pm. Free Transportation is available by calling (781) 942-6794. Van transportation will arrive at 6:00 pm and departs at 9:00 pm (even if meeting is continuing.)

STONEHAM THEATRE W/  
TRANSPORTATION

**A Funny Thing Happened on the Way to the Forum**

Weds., Sept. 23 @ 2:00 pm, Tickets are \$37, payable to the Stoneham Theatre due to the Pleasant Street Center Receptionist by Sept. 11. Transportation free (limited seats) and optional. When reserving your ticket please let the Receptionist know if you will be riding on the van.

## FITNESS FOR ALL

**Mondays:**

- **Yoga**—Mondays 11:00 - 12:00 - 3 weeks for \$30 or \$11 drop in
- **Zumba Gold:** Kelli - 9:00 - 10:00 Drop-in \$5
- **FOREVER 49" -Tai Chi, Chi Gong,** weight lifting, and more. 1:30 - 2:30 \$40/month or \$10/Session Drop-ins welcome. **FIRST CLASS FREE** - come try this class and see how to stay fit for life.

**Tuesdays:**

- **Motion to Music** - 9:00 - 10:00. \$20/month; \$15/month - any 5 classes during the calendar month. Drop-ins \$4
- **Body & Brain Flexibility:** Tuesdays - 10:30 - 11:30. Learn skills to enhance memory and coordination and have fun! Our classes are gentle and effective, designed for people of all abilities and especially for those new to yoga. 8 weeks - \$35 or \$5 drop-in

**Wednesdays:**

- **Zumba Gold:** Returning Sept. 9, Veronica - 9:30 - 10:30 Drop-in \$5
- **FOREVER 49" -Tai Chi, Chi Gong,** weight lifting, and more. Mondays & Wednesdays 1:30 - 2:30 \$40 for the month or \$10 for Drop-ins.

**Thursdays:**

- **Motion to Music** - 9:00 - 10:00. \$20/month; \$15/month - any 5 classes during the calendar month. Drop-ins \$4

**Fridays:**

- **B.E.S.T. - Balance, Energy, Strength, Training** 9:00 - 10:00 Lounge. Drop-in \$3/Session.



## HEALTH SCREENINGS

**Podiatry Clinic,** Sept 16 1:30 - 4:30 Call (617) 629-2806 for an appointment with Dr. Carl Conui. Please say this is an appointment at the **Pleasant Street Center**. Insurance is accepted with certain health diagnosis or the visit will be \$40.00, payable at time of service. If an insurance referral is needed, one needs to be on file before day of the visit, or there will be a \$40.00 for that visit.

**Blood Pressure:**

Tues., Sept. 8, 11:30- 12:00 Reading Health Nurse, Donna Pierce

Tues., Sept. 15, 10:15- 10:45 sponsored by Rite-Aid

## CLASSES, CRAFTS

**Art Lessons with Steve Greco:** Tuesdays, 9:30 - 12:00 2 ½ hours for \$10.00. Steve will teach any medium

**Klickity Klack (Knitting Group):** Wednesdays, 9:30 - 11:00 New knitters & crocheters welcome.

**Computer Classes:** Learn to use email, send pictures, use the internet. Bring your own laptop if you want. Tuesdays & Thursdays 1:00 - 2:00

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|   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|---|--|--|---|
| <b>TAKE YOUR PICK:</b><br><b>Each day, you may choose a hot lunch or a cold lunch. Suggested donation \$2.00.</b>   | <b>1</b><br>8:30 Burbank YMCA<br>9:00 Motion to Music<br>9:30 Art Lessons<br>12:00 Lunch<br>1:00 Bingo<br>1:00 Computers w/Ethan<br>Roast Pork or Tuna Salad Sandwich   | <b>2</b><br>8:45 Neighborhood Grocery Shopping<br>9:30 Klickity Klack<br>9:30 Zumba<br>10:00 Computers<br>10:00 Billiards<br>12:00 Lunch<br>1:00 Downtown/<br>Groceries/Library<br>1:30 Forever 49 - Tai Chi<br>Fiesta Fish or Tortellini Salad  | <b>3</b><br>8:30 Burbank YMCA<br>8:45 CG Grocery Shopping<br>9:00 Motion to Music/ Chair Massage<br>10:00 Scuttlebutt<br>12:00 Labor Day Special Lunch<br>12:30 MAH JONGG<br>1:00 Walmart<br>1:00 Computers w/Ethan<br>1:30 Games on the Big Screen<br>Oven Fried Chicken w/Mac & Cheese                             | <b>4</b><br>8:45 FTD Grocery Shopping<br>9:00 BEST<br>12:00 Lunch<br>12:45 Party Bridge<br>1:00 AA<br>1:00 Chess<br>Tortellini or Garden Salad  |
| <b>7</b><br>Town Hall and Center closed - Labor Day   | <b>8</b><br>8:30 Burbank YMCA<br>9:00 Motion to Music<br>9:30 Art Lessons<br>10:30 Body/Brain Flexibility<br>11:30 Blood Pressure<br>12:00 Lunch<br>1:00 Bingo<br>1:00 Computers w/Ethan<br>Salmon Filet or Turkey/American Cheese Sandwich   | <b>9</b><br>8:45 Neighborhood Grocery Shopping<br>9:30 Klickity Klack<br>9:30 Zumba<br>10:00 Low Vision<br>10:00 Memoir Writing<br>10:00 Computers<br>10:00 Billiards<br>12:00 Lunch<br>1:00 Downtown/<br>Groceries/Library<br>1:30 Parkinson Support<br>1:30 Forever 49 - Tai Chi<br>Bean & Kale Stew or Chicken Salad Sandwich | <b>10</b><br>8:30 Burbank YMCA<br>8:45 CG Grocery Shopping<br>9:00 Motion to Music<br>9:30 Manicure<br>12:00 Lunch Traveling Chef<br>12:30 MAH JONGG<br>1:00 Woburn Mall, Target, Kohl's<br>1:00 Computers w/Ethan<br>1:15 Movie "Greatest Game"<br>Greek Chicken or Vegetarian Chef Salad                           | <b>11</b><br>8:45 FTD Grocery Shopping<br>9:00 BEST<br>12:00 Lunch<br>12:45 Party Bridge<br>1:00 AA<br>1:00 Chess<br>1:15 Representative Jones<br>Stuffed Peppers or Tuna Salad Sandwich          |
| <b>14</b><br>9:00 Downtown/<br>Groceries/Library<br>9:00 Zumba<br>9:30 Hairdresser<br>11:00 Yoga<br>12:00 Birthday Lunch<br>1:00 Redstone<br>Shopping Center<br>1:00 Cribbage<br>1:30 Forever 49 - Tai Chi<br>6:30 COA<br>Fish Florentine or Turkey Deluxe Sandwich | <b>15</b><br>8:30 Burbank YMCA<br>9:00 Motion to Music<br>9:30 Art Lessons<br>10:00 Matter of Balance<br>10:15 Blood Pressure<br>10:30 Body/Brain Flexibility<br>12:00 Lunch<br>1:00 Bingo<br>1:00 Computers w/Ethan<br>Honey Mustard Chicken or Roast Beef/Provolone Cheese Sandwich | <b>16</b><br>8:45 Neighborhood Grocery Shopping<br>9:30 Klickity Klack<br>9:30 Zumba<br>10:00 Computers<br>10:00 Memoir Writing<br>10:00 Billiards<br>11:00 Book Club<br>12:00 Lunch<br>1:00 Downtown/<br>Groceries/Library<br>1:30 Podiatrist<br>1:30 Forever 49 - Tai Chi<br>Lasagna or Curry Chicken                          | <b>17</b><br>8:30 Burbank YMCA<br>8:45 CG Grocery Shopping<br>9:00 Motion to Music<br>9:00 Chair Massage<br>9:30 Reiki<br>12:00 MVES BBQ - Lunch<br>12:30 MAH JONGG<br>1:00 Walmart<br>1:00 Computers w/Ethan<br>Meat Loaf or Tortellini Salad   | <b>18</b><br>8:45 FTD Grocery Shopping<br>9:00 BEST<br>10:00 SHINE<br>12:00 Lunch<br>12:45 Party Bridge<br>1:00 AA<br>1:00 Chess<br>2:30 Senator Lewis<br>Hot Dog/Beans or Seafood Salad Sandwich |
| <b>21</b><br>9:00 Downtown/<br>Groceries/Library<br>9:00 Zumba<br>11:00 Yoga<br>12:00 Lunch & Learn<br>1:00 Cribbage<br>1:00 Walmart<br>1:30 Forever 49 - Tai Chi<br>1:30 Diabetic Brace/Shoe Clinic<br>Sweet Potato Fish Filet or Ham & Swiss Cheese Sandwich      | <b>22</b><br>8:30 Burbank YMCA<br>9:00 Motion to Music<br>9:30 Art Lessons<br>10:00 Matter of Balance<br>10:30 Body/Brain Flexibility<br>12:00 Lunch<br>1:00 Bingo<br>1:00 Computers w/Ethan<br>Lentil Stew or Chicken Salad Sandwich   | <b>23</b><br>8:45 Neighborhood Grocery Shopping<br>9:30 Klickity Klack<br>9:30 Zumba<br>10:00 Billiards<br>10:00 Memoir Writing<br>12:00 Lunch<br>1:00 SHINE<br>1:00 Downtown/<br>Groceries/Library<br>1:30 Forever 49 - Tai Chi<br>2:00 Stoneham Theatre<br>Broccoli quiche or Chef Salad                                       | <b>24</b><br>8:30 Burbank YMCA<br>8:45 CG Grocery Shopping<br>10:00 Hallmark Health Fair<br>1:15 Movie - <i>Parenthood</i><br>1:00 Woburn Mall, Target, Kohl's<br>1:00 Computers w/Ethan<br>Take out box lunch seafood salad sandwich  | <b>25</b><br>8:45 FTD Grocery Shopping<br>9:00 BEST<br>12:00 Lunch<br>12:45 Party Bridge<br>1:00 AA<br>1:00 Chess<br>Roast Pork or Egg Salad Sandwich   |
| <b>28</b><br>9:00 Downtown/<br>Groceries/Library<br>9:00 Zumba<br>11:00 Yoga<br>12:00 Lunch & Learn<br>1:00 Woburn Mall, Target, Kohl's<br>1:00 Cribbage<br>1:30 Forever 49 - Tai Chi<br>Chicken Picatta or Roast Beef/Swiss Cheese Sandwich                        | <b>29</b><br>8:30 Burbank YMCA<br>9:00 Motion to Music<br>9:30 Art Lessons<br>10:00 Matter of Balance<br>10:30 Body/Brain Flexibility<br>12:00 Lunch<br>1:00 Bingo<br>1:00 Computers w/Ethan<br>Turkey/Broccoli Casserole or Egg Salad Sandwich                                       | <b>30</b><br>8:45 Neighborhood Grocery Shopping<br>9:30 Klickity Klack<br>9:30 Zumba<br>10:00 Billiards<br>10:00 Memoir Writing<br>12:00 Lunch<br>1:00 Downtown/<br>Groceries/Library<br>1:30 Forever 49 - Tai Chi<br>Pot Roast or Tuna Salad Sandwich   | <b>LUNCH - RESERVE THE DAY BEFORE BY NOON</b><br>ABBREVIATIONS<br>CG = Cedar Glen<br>FTD = Frank Tanner Drive<br>Everything in Bold Transportation is available<br>IMPORTANT VAN INFORMATION<br>PLEASE READ<br>These are destination arrival times.<br>Please be ready 30 minutes - 1 hour prior to the time listed. |   |



## On the Go!

Van transportation is a **free service** to Reading seniors and disabled residents. Our goal is to provide safe, efficient and friendly service. Reservations should be made 24 hours in advance by calling the Receptionist at the Pleasant Street Center (781) 942-6794. The times listed below are expected time of arrival at the destination. Please be ready 45 minutes prior to the time stated (for example if the shopping time is 9:30 you should be ready by 8:45 ).

### Woburn Mall, Target or Kohl's for everyone

Thursday, September 10 1:00 - 2:30

Thursday, September 24 1:00 - 2:30

Monday September 28 1:00 - 2:30

### Wal-Mart for everyone

Thursday, September 3 1:00 - 2:30

Thursday, September 17 1:00 - 2:30

Monday, September 21 1:00 - 2:30

### Redstone Shopping Center

Monday, September 14 1:00 - 2:30

### Downtown Errands, Grocery Shopping or Library for everyone

All Mondays, 9:00 - 10:15

All Wednesdays, 1:00 - 2:15

### Burbank YMCA for everyone -

All Tuesdays and Thursdays, 8:30 - 10:30

### Podiatrist at The Pleasant St. Center -

Wednesday, Sept. 16, Van transportation for appointments made between 1:30 - 3:00

### Stop & Shop or Market Basket:

Neighborhood Grocery Shopping

Wednesdays, 8:45 - 10:00

Cedar Glen Grocery Shopping

Thursdays, 8:45 - 10:00

Tannerville Grocery Shopping

Fridays, 8:45 - 10:00

The Pleasant Street Center is closed Monday, September 7 (Labor Day)

As a courtesy to others, please refrain from the use of colognes and perfumes when riding on the van. It has been known to cause an allergic reaction for some passengers. Thank you for your cooperation.

## DANIELS HOUSE

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## SENIOR GROUPS

**Low Vision Group:** Low Vision Group, Weds., Sept. 9, 10:00 Guest Speaker- Stuart Flom from AdaptiVision, Inc. Electronic Magnifiers, software, low vision aids.

**Parkinson's Support Group:** Weds., Sept. 9, 1:30 to 3 - 1:30 to 3:00 - Meets every 2nd Wed.; by Greater Medford VNA.

**The Not Too Stuff Book Group:** *The Storied Life of A.J. Fikry* by Gabrielle Zevin  
Weds., Sept. 16, 11:00 to 12:00 at the Pleasant St Center. This month features an unforgettable tale of transformation and second chances, an irresistible affirmation of why we read, and why we love; copies are available at the Center or the Library.

## LIBRARY HAPPENINGS



**LiveWires Miniseries: Memoir Writing Workshop** Weds., Sept. 9 - 30, 10:00 to 11:00 Write your story in this four part series: 9/9, 9/16, 9/23, 9/30 with Nancy Parsons

**LiveWires Presents: Protect Your Home & Savings** Tues., Sept. 15, 7:00 pm at the Pleasant Street Center. Worried about the risk of nursing home costs? Intent on preserving your independence? If so, this presentation is for you! Certified Elder Law Attorneys Patrick Curley and Lucy Budman of Curley Law Firm LLP will teach attendees the best legal strategies to protect their hard-earned savings and homes as well as their independence. For transportation please contact the Receptionist at the Pleasant Street Center (781) 942-6794.

## MEDICARE/SHINE APPOINTMENTS

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of Sept. The notice outlines changes to your plan for 2016: *it is important to review, understand and save this information!*

During **Medicare Open Enrollment**, from **October 15<sup>th</sup> to December 7<sup>th</sup>**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. **Shine (Serving Health Insurance Needs of Elders):** Wed., Sept. 23, - 1:00 - 3:00 and Fri., Sept. 18, 10:00 a.m. - 3:00 p.m. Call for an appointment 781-942-6794. Sorry no drop-ins.

## DIABETIC BRACE/SHOE CLINIC

**Adults with Medicare: Back, Knee, Wrist, Ankle Braces and Diabetic shoes!** Monday Sept 21, 1:30. If Medicare is your Primary Insurance, you may be eligible to receive a back, knee, wrist and/or ankle brace. If you are diabetic, you can receive a pair of diabetic shoes every year at little or no cost! For more information and to sign up for your 10 minute fitting contact Sharon at 781-942-6796.

## QUESTIONS/CONCERNS?

**Elder/Human Services**

Kerry Valle - (781) 942-6659

**Council on Aging:** Monday, Sept. 14  
6:30 Pleasant Street Center

**Board of Selectmen Office Hours:**  
Tuesday, Sept., 8 6:30 - 7:00 - Town Hall

**Representative Brad Jones Office Hours:**  
Fri., Sept.11, 1:15—2:15

**Senator Jason Lewis:** Fri., Sept. 18,  
2:30—3:30

**Congressman Seth Moulton**  
17 Peabody Square  
Peabody, MA 01960  
Phone: (978) 531-1669  
Fax: (978) 531-1996

## FALL STREET FAIRE

Sunday, September 13

11:00 am - 5:00 pm

**Fall Street 5k Road Race** - The Fall Street Five-K is part of the larger Reading Fall Street Faire, a non-profit community event. As part of the Faire, the Fall Street Five-K is a wholesome, community-based road race. The race and the Faire are functions of the Town of Reading's Downtown Improvement and Events Trust, which supports ongoing funding for the Faire and economic development projects in the Town.

**Antique & Classic Car Show** - Vehicles will be on display at the Municipal Lot behind CVS from Noon until 5:00pm.

**Entertainment** - The 2015 Reading Fall Street Faire will feature a wide range of entertainment. Past Faires have included local bands, performance groups such as the Reading Community Singers and Reading Symphony Orchestra, strolling minstrels and characters.

**Kids Zones** - There will be all sorts of fun amusements for the kids.

## TWO INGREDIENT COOKIES

Coconut Macaroons:

4 1/2 cups unsweetened coconut

1 14 oz. can condensed milk

Combine and form into balls. Line cookie sheet and bake at 350 oven 12 - 15 min. Cool.

Banana Oatmeal Cookies

Mash two bananas with 1 cup oats.

Form into balls and bake at 350 for 15 minutes. Cool.

Chocolate Blueberry Bark

Line a baking sheet with aluminum foil.

Place chocolate chips into a microwave-safe bowl; heat in microwave for 1 minute. Stir. Heat in microwave for 1 minute more; stir again. Add dried blueberries and mix well.

Pour chocolate mixture onto the prepared baking sheet and refrigerate until set, about 30 minutes. Break into pieces.

**READING ELDER SERVICES**

16 LOWELL STREET

Reading, MA 01867

*Pleasantries*  
Reading Senior Newsletter

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**Important Survey Enclosed!**

**DID YOU KNOW:**

You can obtain a copy of the *Pleasantries* at several locations around town or via email at [www.readingma.gov](http://www.readingma.gov).

If you would like to be removed from the mailing list and/or sign up to receive it via email, please call Ann at 781-942-6608.



## Town of Reading Community Services Survey

BY FILLING OUT THIS ANONYMOUS SURVEY YOU CAN HELP US PLAN FOR AND MEET THE NEEDS OF READING'S GROWING SENIOR POPULATION. Please return your survey by September 25th to the Pleasant Street Center at 49 Pleasant Street, Reading MA or to Town Hall or Public Library. If you prefer to respond online, please go to our secure site at <https://www.surveymonkey.com/r/readingcommsurvey2015>

- 1) Have you ever attended programs at the Pleasant Street Center (the Senior Center)? If so, how often?
- ☐ Very often (more than once a week)      ☐ Often (one time per week)      ☐ Occasionally (once a month)
- ☐ Rarely (four or less times a year)      ☐ Never

- 2) Have you ever received services from the Town's Elder/Human Services Division? If so, how often?
- ☐ Very often (once or more a week)      ☐ Often (2-3 times a month)      ☐ Occasionally (once a month)
- ☐ Rarely (four or less times a year)      ☐ Never

### 3) CURRENT ELDER SERVICES

The following refers to programs and services currently offered by the Reading Elder/Human Services Division and the Pleasant Street Center. Please rate your level of importance of each program or service listed.

|  | Very<br>important | Important | Neutral | Un -<br>important | Not<br>Aware | Unsure |
|--|-------------------|-----------|---------|-------------------|--------------|--------|
| The elder services van   |                   |           |         |                   |              |        |
| Medical transportation   |                   |           |         |                   |              |        |
| Referrals to transportation, such as the MBTA RIDE program                 |                   |           |         |                   |              |        |
| Social events at the Pleasant Street Center                                |                   |           |         |                   |              |        |
| Holiday programs for low income seniors                                    |                   |           |         |                   |              |        |
| Fitness programs for seniors   |                   |           |         |                   |              |        |
| Wellness programs for seniors  |                   |           |         |                   |              |        |
| Lunch at the Center  |                   |           |         |                   |              |        |
| Volunteer opportunities  |                   |           |         |                   |              |        |
| Property Tax Worker Program  |                   |           |         |                   |              |        |
| Healthcare/insurance assistance, SHINE                                     |                   |           |         |                   |              |        |
| Transition counseling from hospital, rehabilitation center to care at home |                   |           |         |                   |              |        |
| Crisis response with other Town Divisions                                  |                   |           |         |                   |              |        |
| Emergency financial assistance for older residents in crisis               |                   |           |         |                   |              |        |
| Homecare information & referrals   |                   |           |         |                   |              |        |



|  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|
| Heating fuel assistance for low income seniors |  |  |  |  |  |  |
| Communication about programs and services      |  |  |  |  |  |  |
| Pleasantries Newsletter                        |  |  |  |  |  |  |
| Tax preparation assistance (AARP)              |  |  |  |  |  |  |

**4) What is the greatest challenge that Reading seniors currently face?**

- ☐ Financial issues      ☐ Companionship/socialization      ☐ Other (please explain):  
☐ Housing      ☐ Transportation  
☐ Health issues      ☐ Homecare

**5) Of the following areas, which would you prioritize for programs or services to be provided by the Elder/Human Services Division? (Check ONLY THREE)**

- ☐ Housing assistance      ☐ Volunteering opportunities  
☐ Healthy aging programs      ☐ Entertainment programming at the Center  
☐ Intergenerational programs      ☐ Trips to area attractions, bringing in speakers  
☐ Education opportunities      ☐ Additional transportation options  
☐ Outdoor recreational opportunities      ☐ Tax assistance advice  
☐ Other (please explain): \_\_\_\_\_

**Tell us a little about yourself...**

**6) What age group do you fall within?**

- ☐ Under 45      ☐ 45-55      ☐ 56-64      ☐ 65-74      ☐ 75-84      ☐ 85+

**7) Do you own or rent your home?**

- ☐ Own      ☐ Rent      ☐ Other (Please explain, ie. live with family member) \_\_\_\_\_

**8) How many people reside in your home?**

- ☐ 1      ☐ 2      ☐ 3      ☐ More than 3

**9) What is your annual household income?**

- ☐ <\$9,999      ☐ \$10,000-\$24,999      ☐ \$25,000-\$49,999      ☐ \$50,000-\$99,999  
☐ \$100,000+

Please provide any other comments here (or attach comments on another page): \_\_\_\_\_

If you would like to receive further information from the Town of Reading on the issues raised in the survey, or other Town services, please provide your Name/address: \_\_\_\_\_

**THANK YOU FOR PARTICIPATING IN THIS SURVEY!**